



YOUR RECIPE GUIDE
TO STAYING ON
TRACK

Recipe Guide

Welcome

The holiday season is famous for decadent foods and indulgent treats. It's a time when healthy eating habits often fall by the wayside as cookies, pies, rich appetizers, cocktails, and more tempt us.

As a holistic health coach, I totally understand the desire to cut loose and enjoy yourself during this festive season! However, I also see firsthand how difficult it can be to get back on track once unhealthy eating patterns set in in the new year.

This year, I've created this holiday recipe guide focused on helping you enjoy all your favorite flavors and dishes in a more nourishing, guilt-free way. My recipes use simple ingredient swaps and smart preparation methods so you can still savor holiday meals without derailing your health goals. For instance, you'll find lighter twists on classics like...

- Classic Mashed Potatoes: Fluffy, buttery, creamy potatoes perfect for soaking up gravy.
- Sweet Potato Puree: Velvety smooth sweet potatoes swirled with warm spices for a festive orange side.
- Cranberry Orange Sauce: A fresh, tangy-sweet sauce with bright citrus notes to pair with turkey.
- Peppermint Brownies: Rich chocolate brownies studded with refreshing peppermint for the perfect holiday treat.
- And even more delicious holiday recipes!

Beyond great recipes, I'm also sharing how to maintain healthy habits during the hectic holiday season!

STAY HYDRATED

Aim for at least 64 ounces of water daily. Herbal tea and mineral water with fruit slices can help you hit your quota. Proper hydration keeps you feeling satisfied and avoids overeating.

Recipe Guide

LISTEN TO YOUR BODY'S SIGNALS

Check in to see if what you're craving is truly hunger or perhaps fatigue, stress, or dehydration in disguise. Pause before going back for seconds and savor what's on your plate.

PILE ON THE VEGGIES

Focus your holiday plate with antioxidant-rich vegetables to ensure you get enough fiber, vitamins, and minerals. Options like roasted Brussels sprouts, maple-glazed carrots, and kale salad provide nutrients without excess calories.

PORTION CONTROL

Use smaller plates and focus on reasonable portions to keep calories in check. Fill half your plate with veggies, a quarter with lean protein, and a quarter with grains or starches.

MINDFUL INDULGENCES

Savor special treats like family recipes. Just do so intentionally in modest portions. Make sure to track intake if that helps you stay accountable.

LIMIT LIQUID CALORIES

Opt for sparkling water with cranberry, lime, or cucumber as a festive spritzer. Alcohol, coffee drinks, and soda packs in sugar you don't need.

KEEP MOVING

Counteract big holiday meals with regular exercise. Even a daily 30-minute walk helps manage stress and supports metabolism.

Recipe Guide

GET PLENTY OF SLEEP

Aim for 7-9 hours per night. Your willpower, metabolism, and mood all suffer without adequate sleep, making healthy choices harder.

While what you eat is important, I actually find that mindset is everything during the holidays. Give yourself grace, and don't strive for perfection with your diet. Focus on enjoying time with loved ones, reflecting on gratitude, and taking things one meal at a time. Before you know it, the new year provides a fresh start and a clean slate!

RECIPES

CLASSIC MASHED POTATOES

Serves 6

6 large Russet potatoes, peeled and cubed

$\frac{3}{4}$ cup warmed milk (or dairy-free milk), or more as needed

$\frac{1}{3}$ cup softened butter (or coconut oil), or more as needed

Sea salt and black pepper, to taste

Boil the potatoes in a large pot of sea-salted water until tender, about 15 minutes. Drain the potatoes well and return them to the pot.

Add the milk, butter, salt, and pepper to the pot. Mash the potatoes using a potato masher or hand beaters until smooth and creamy.

If needed, add more milk, butter, and dry seasonings until the mashed potatoes are the consistency you desire.

SWEET POTATO PUREE

Serves 6

6 large sweet potatoes, peeled and cubed

$\frac{1}{2}$ cup milk (or dairy-free milk), or more as needed

Holiday Recipe Guide

¼ cup softened butter (or coconut oil), or more as needed
3 tablespoons maple syrup
1 teaspoon ground cinnamon
Sea salt, to taste

Boil the potatoes in a large pot of sea-salted water until tender, about 15 minutes. Drain the sweet potatoes well and return them to the pot.

Add the milk, butter, maple syrup, cinnamon, and salt to the pot. Mash the sweet potatoes using a potato masher or hand beaters until smooth and creamy. If needed, add more milk, butter, and salt until the puree is the consistency you desire.

HOMESTYLE BLONDE GRAVY

Serves 6

¼ cup butter (or coconut oil)
¼ cup gluten-free flour blend (like Bob's Red Mill)
4 cups chicken broth (or vegetable broth)
Sea salt and black pepper, to taste

In a medium pot, melt the butter over medium heat. Add the flour and whisk until smooth. Cook for 1-2 minutes, stirring constantly.

Slowly whisk in the broth until smooth. Season with salt and pepper to taste. Cook until thickened, about 5 minutes, whisking occasionally.

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Holiday Recipe Guide

CRANBERRY ORANGE SAUCE

Serves 6

1 ½ cup fresh or frozen cranberries

Zest and juice of 1 large orange

⅓ cup honey or maple syrup

In a medium pot, combine the cranberries, orange zest, orange juice, and honey. Cook over medium heat until the cranberries burst and the sauce thickens, about 10 to 20 minutes.

Remove from heat and cool before serving.

Holiday Recipe Guide

SWEET POTATO SPICE SOUP

Serves 6

2 onions, chopped
3 cloves garlic, minced
2 tablespoons butter (or coconut oil)
3 large sweet potatoes, peeled and cubed
5 cups chicken or vegetable broth
1 teaspoon pumpkin pie spice
1 teaspoon ground cumin
½ teaspoon ground coriander
Sea salt and black pepper, to taste
1 cup milk (or dairy-free milk)

In a large pot, sauté the onion and garlic in butter over medium heat until softened, about 10 minutes, stirring occasionally. Add the sweet potatoes, broth, and dry seasonings to the pot.

Increase the heat to high and bring to a boil, then reduce heat to maintain a gentle simmer. Cook until the sweet potatoes are tender.

Using an immersion blender or regular blender, puree the soup until smooth. Stir in the milk and adjust seasonings if needed.

Holiday Recipe Guide

HOMESTYLE SAGE STUFFING

Serves 6

¼ cup butter (or coconut oil)
1 onion, chopped
2 stalks celery, chopped
2 cloves garlic, minced
8 cups gluten-free bread
cubes
2 cups chicken or vegetable
broth
1 egg, whisked
2 teaspoons dried sage
1 teaspoon dried thyme
Salt and pepper to taste

In a large skillet, melt the butter over medium heat. Add the onion, celery, and garlic to the skillet and sauté until softened, about 10 minutes, stirring occasionally.

Heat oven to 350 F. In a large bowl, combine the sautéed vegetables, bread cubes, broth, whisked egg, and dry seasonings. Toss until well combined. Transfer the mixture to a greased 9x13" baking dish.

Cover with foil and bake for 30 minutes. Remove the foil and bake for an additional 10 minutes or until the top is golden brown.

Holiday Recipe Guide

TRADITIONAL ROAST TURKEY

Serves 6

½ cup softened butter (or coconut oil)
2 tablespoons dried sage
2 tablespoons dried thyme
1 tablespoon sea salt, or to taste
1 teaspoon black pepper, or to taste
1 (13 to 15 lb) turkey, thawed if frozen
1 onion, quartered
1 lemon, halved
1 orange, halved

EQUIPMENT:

Kitchen twine
Foil

Heat oven to 325 F. In a small bowl, mix together the butter, sage, thyme, salt, and pepper. Place the turkey on a rack in a roasting pan. Rub the butter mixture all over the turkey, including under the skin.

Place the onion, lemon, and orange inside the cavity. Seal the cavity with twine, then tie the legs and wings back together with the twine.

Tent with foil and roast for about 15 minutes per pound, or until the internal temperature reaches 165°F. Remove the foil for the last 30 minutes of cooking to brown the skin. Let the turkey rest for 20-30 minutes before carving.

Holiday Recipe Guide

ORANGE-BAKED HOLIDAY TOFU

Serves 6

2 (8-ounce) blocks of organic firm tofu
3 tablespoons all-fruit orange marmalade
3 tablespoons Dijon mustard
1 ½ tablespoons wheat-free tamari
1 ½ tablespoons melted coconut oil
1 dash ground cinnamon
Sea salt and black pepper, to taste

Heat oven to 400 F and line a baking sheet with parchment paper. Drain the tofu and gently press it between two plates or cutting boards to remove and drain off any excess moisture.

Use a knife to diamond-score the top of the tofu. Place the tofu on the prepared baking sheet and bake for 45 minutes or until golden brown and crispy on the outside.

In a small bowl, whisk together the marmalade, Dijon, tamari, oil, and dry seasonings. Brush the glaze mixture over the tofu, making sure to coat all sides.

Return the pan to the oven and bake for 10 to 15 minutes more or until caramelized. Cool for 10 minutes before slicing and serving.

PEPPERMINT BROWNIES

Makes 9 Brownies

DRY INGREDIENTS

1 cup gluten-free flour blend (like Bob's Red Mill)
1 ½ cups coconut sugar
¾ cup cocoa powder
½ teaspoon baking powder
¼ teaspoon sea salt

Holiday Recipe Guide

WET INGREDIENTS

$\frac{3}{4}$ cup + 2 tablespoons melted butter (or coconut oil)

3 eggs

1 tablespoon pure vanilla extract

$\frac{2}{3}$ teaspoon pure peppermint extract

ADD INS

$\frac{1}{2}$ cup soy-free dark chocolate chips (like Enjoy Life)

$\frac{1}{2}$ cup chopped walnuts (optional)

Heat oven to 350 F. In a large mixing bowl, whisk together the dry ingredients. In a separate medium mixing bowl, whisk together the liquid ingredients.

Add the wet ingredients to the dry ingredients and stir lightly - just until a batter forms. (Do not overmix...it's OK if the batter is slightly lumpy.) Fold in the add-ins.

Pour the batter into an 8x8" baking dish lined with parchment paper. Bake for 35-45 minutes or until a toothpick inserted into the center comes out with a few crumbs.

It is best not to overbake, as the batter will continue to set a bit after it cools. Let cool completely before cutting into squares.

Holiday Recipe Guide

MOVING FORWARD INTO 2024

As a holistic gut health coach, I can help you ring in 2024 feeling energized, vibrant, and proud of healthy habits that become second nature. My unique program blends nutrition, mindfulness, exercise, and lifestyle changes tailored to your needs so you create lasting change.

If you're ready to approach the holidays and new year from a more empowered, balanced place, schedule a FREE 30-minute discovery session with me. This is an opportunity to assess your personal wellness goals, discuss potential roadblocks, and map out small steps that yield big results. I can't wait to support you in making this upcoming year your healthiest, happiest, and most vibrant yet! [Click here](#) to book your 20 Minute consultation with me.